



Lesson 2

Onto What Root Do You Place Your Life?

Part 1- Rescue Stories

- An Ice Axe Accident
- Chapter 1 Page 23
- Acts 4:12 [*]



The Tree T's

This sign is at Ice-House Saddle

Our goal was to start on the top of Thunder Mountain, cross Telegraph Peak, go to Thunder Mountain, and hike down Ice House Canyon.



Thunder, Telescope, Timber Mountains



<https://lh3.googleusercontent.com/-HewviH1NeFk/VV1ICAePEEI/AAAAAAAARcE/mFpp0Tub-aU/s800/3ts-07.jpg>

Snow Travel

- Ice Axe
- Crampons
- Helmets
- Packs with snow gear



Crampons and Ice Axe



Photo by Chris Brookhart-Used by permission



<https://www.muchbetteradventures.com/magazine/content/images/2019/12/13172104/GettyImages-1141982171.jpg>

Roped-up-walking

https://media.sciencephoto.com/image/f0333685/800wm/F0333685-Two_climbers_on_a_mountain_roped_together.jpg





Boiler Plate Ice

<https://static.vecteezy.com/system/resources/thumbnails/034/337/913/original/man-ascends-the-rope-on-the-icy-mountain-slope-video.jpg>

How to ice axe arrest

<https://youtu.be/QN58FtFy7dU>

Cont+click

Walking downhill with crampons and ice axe



It is essential to remove your crampons before getting off a chair lift.



<https://baldyresort.com/wp-content/uploads/2018/01/baldy-top-of-eagle-lift.jpg>

Wilderness Safety
Part 2-Chapter 37
Page 243

Preparing For
Mountain
Adventures
Psalms 4:8 [*]
[]



Hiking Mistakes-Page

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- Hiking alone
- Not telling anyone about their itinerary
- Do not have the proper equipment and clothing
- Do not have proper navigation skills



- Separate from the group
- Go off-trail or into out-of-boundary areas
- Lack proper physical fitness
- Do not heed weather warnings
- Have an invincible view of life



Picture by Gordon Yee-used by permission

Common Sense

Page 248

- If something doesn't feel quite right, it probably isn't.
- In other words, listen to your heart.



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Basic First Aid

Pg. 248

- Have a proper knowledge of basic first-aid.
 - Introductory course
 - ABC's (Airway, breathing, circulation)
 - CPR
 - Extra Meds



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Spiritual Summary

Page 249

- Daily prayer and Bible reading are essential to a life well lived.
- Preparing ourselves for an outdoor adventure is like preparing ourselves for life. Proverbs 1:7 [*]
- Proverbs 4:7-8 further describes the importance of wisdom and understanding. [*]





A Spiritual Wrap-Up Part 3

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Follow the Tracks-Chapter 42 Page 279

- Proverbs 15:19 [*]
- A search team must always follow the prints when tracking a lost hiker.
- We must practice the same diligence when following God's tracks.



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- Life can complicate things and get in the way of following His footprints.
- When life happens, discipline must kick in. 1st Corinthians 9:27 [*]
- Sometimes, God's tracks can hide in rocky places. We might see only a partial print or no print at all.
- Life can make decisions difficult by throwing bends or rocks in our pathway.



- As we read God's word, pray, and listen to His voice, and as God permits, we will start to see vague footprints.
- Trust that God knows and understands the big picture.
- He has our ultimate destination in sight.



- Sometimes, our spiritual tracking skills seem inadequate.
- God does not get angry with us when we want to give up.
- Sometimes, these failures can turn into learning experiences.
- As we grow in the Lord, our faith will gradually overcome our fears and anxieties. John 14:16-17

[*]



Check The Vital Signs

- Chapter 43 Page 285 Psalm 51:10

[*]



Picture by Chris Brookhart-Used by permission

- A search and rescue member finds no greater joy than seeing relief in the eyes and the smile on the face of a lost hiker.
- A lost and lone hiker, unless quickly found, can rapidly succumb to fear.
- Fear can lead to panic, which may cause the hiker to make unwise decisions, which in turn can ultimately lead to death.



Picture by Chris Brookhart-Used by permission

- After finding an injured subject, we constantly evaluated their vital signs, such as blood pressure, heart rate, and oxygen levels.
- Rescued patients must fight for survival even when packaged and secured in a litter.
- Vital signs can drop if an injured hiker stops fighting for life and places all their mental and physical security in the rescuer's hands.



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- Sometimes, we may need a spiritual rescue. Worries and pressures of life can debilitate us very quickly and cause our spiritual vital signs to weaken.
- When God answers our prayers, we must remain diligent in Christ.
Ephesians 6:11-12 [[*](#)]
- Keeping our vital signs strong may involve staying the course in times of discouragement.

End---



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Proverbs 15:19

19 The way of the lazy is as a hedge of thorns,
But the path of the upright is a highway. [*]

Psalms 51:10

10 Create in me a clean heart, O God,
And renew a steadfast spirit within me. [*]

Acts 4:12

12 And there is salvation in no one else; for there is no other name under heaven that has been given among men by which we must be saved." [*]

Psalms 4:8

8 In peace I will both lie down and sleep,
For You alone, O Lord, make me to dwell in safety. [*]

Proverbs 1:7

7 The fear of the Lord is the beginning of knowledge;
Fools despise wisdom and instruction. [*]

Proverbs 4:7-8

7 The beginning of wisdom is: Acquire wisdom;
And with all your acquiring, get understanding.

8 Prize her, and she will exalt you;
She will honor you if you embrace her. ["]

1st Corinthians 9:27

27 ...but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified. [*

Ephesians 6:11-12

11 Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil.

12 For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. [*

John 14:16-17

16 I will ask the Father, and He will give you another Helper, that He may be with you forever; 17 that is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be in you. [*]

God Of Wonders

Lord of all creation
Of water, earth and sky
The heavens are your tabernacle
Glory to the Lord on high

God of wonders beyond our galaxy

You are holy, holy

The universe declares your majesty

You are holy, holy

Lord of heaven and earth

Lord of heaven and earth

Early in the morning
I will celebrate the light
When I stumble in the darkness
I will call your name by night

God of wonders beyond our galaxy

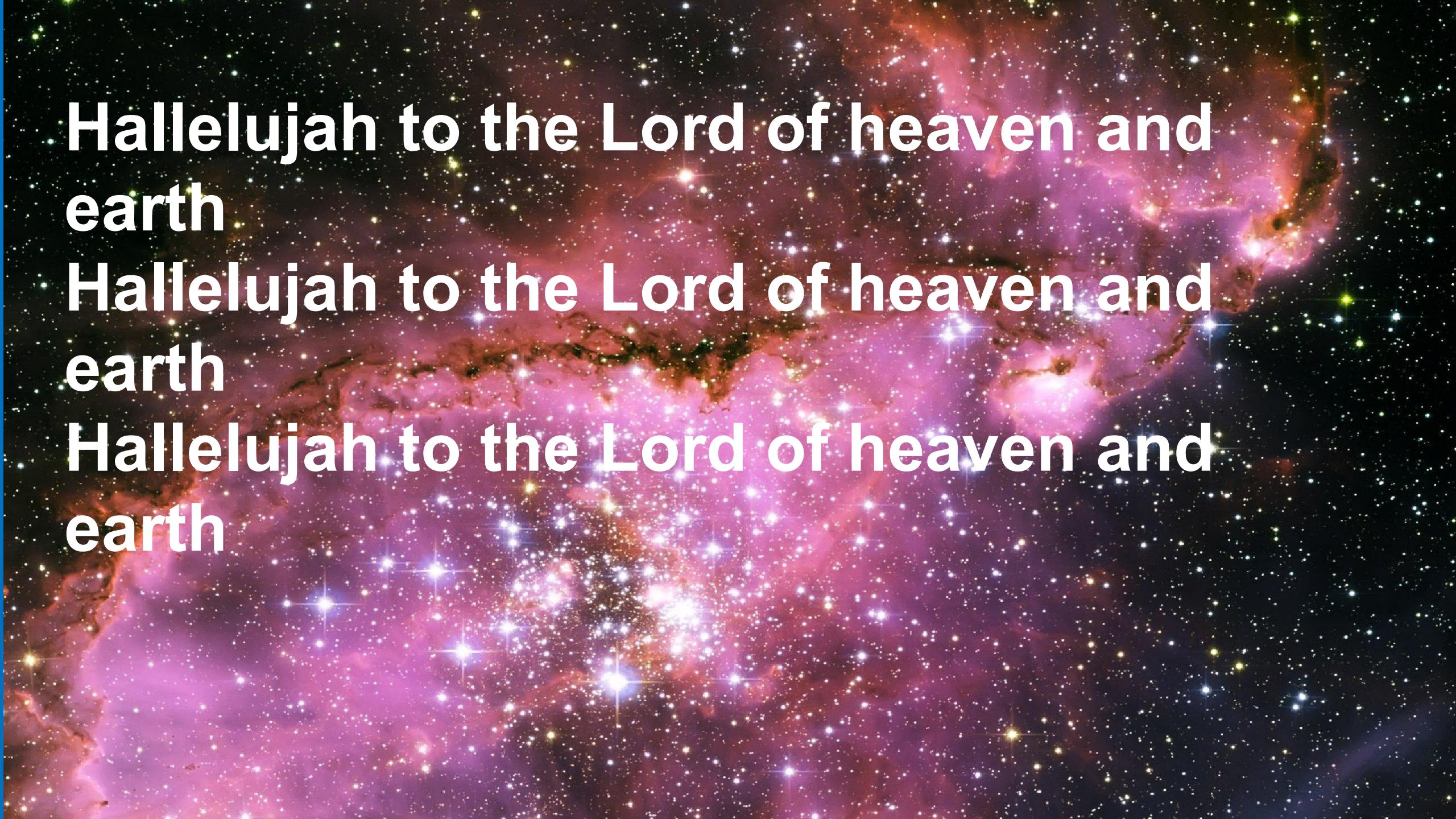
You are holy, holy

The universe declares your majesty

You are holy, holy

Lord of heaven and earth

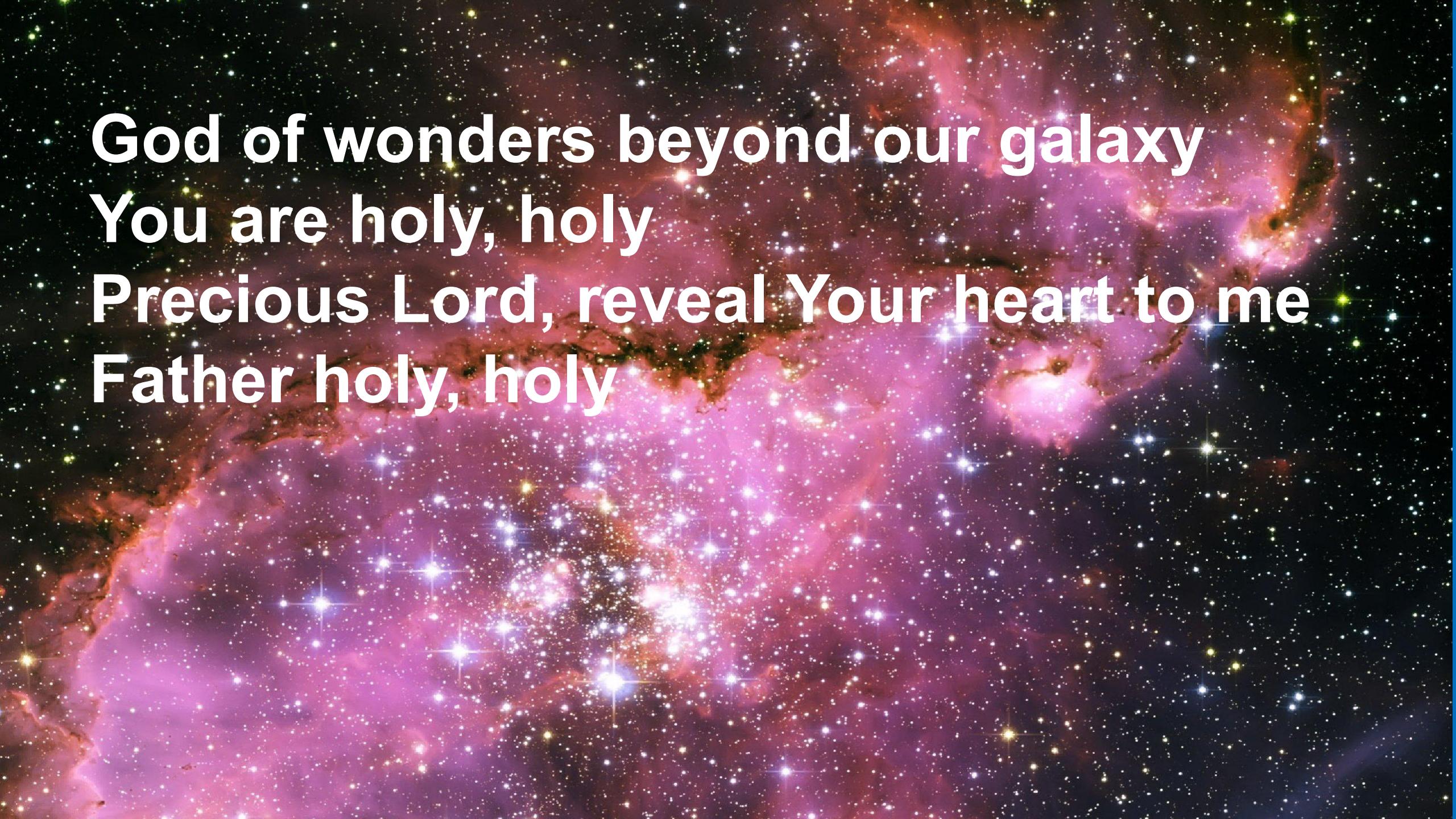
Lord of heaven and earth



**Hallelujah to the Lord of heaven and
earth**

**Hallelujah to the Lord of heaven and
earth**

**Hallelujah to the Lord of heaven and
earth**



**God of wonders beyond our galaxy
You are holy, holy
Precious Lord, reveal Your heart to me
Father holy, holy**

The universe declares your majesty
You are holy, holy
Holy, holy
Hallelujah to the Lord of heaven and earth
Hallelujah to the Lord of heaven and earth
Hallelujah to the Lord of heaven and earth

HOW DEEP THE FATHER'S LOVE FOR US

How deep the Father's love for us
How vast beyond all measure
That He should give His only Son
To make a wretch His treasure

How great the pain of searing loss
The Father turns His face away
As wounds which mar the Chosen One
Bring many sons to glory

Behold the man upon a cross
My sin upon His shoulders
Ashamed, I hear my mocking voice
Call out among the scoffers

It was my sin that held Him there
Until it was accomplished
His dying breath has brought me life
I know that it is finished

I will not boast in anything
No gifts, no power, no wisdom
But I will boast in Jesus Christ
His death and resurrection

**Why should I gain from His reward?
I cannot give an answer
But this I know with all my heart
His wounds have paid my ransom**

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Hillside Rancho CCLI:133811

